

Microbiome, Gut and Systemic Health: New Frontiers in Personalised Nutrition



Dr. Indra Barathan

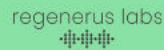
Root Causes of Bowel Issues: Getting Back to Basics

2:45-3:30pm

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ROOT CAUSES OF GUT HEALTH

Dr Indra
October 2023

NMI SUMMIT | LONDON



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AFFILIATIONS & DISCLOSURES



Dr Indra Specialist Functional Medicine Practice: CEO and Doctor

British College of Functional Medicine: President

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DISCLAIMER



This talk is not providing medical advice.

All health and health-related information contained within this webinar are intended to be general in nature and for informational and educational purposes only.

It is not to be a substitute for professional health advice, diagnosis or treatment or a professional's independent medical judgement.

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WHO ARE WE?



- We are a multi-disciplinary functional medicine clinic based in Leeds
- Founded in 2015
 - 1 IFM-certified doctor
 - 1 BSME-certified and IFM-trained doctor
 - 1 Consultant psychiatrist
 - 1 Consultant Endocrinologist
 - 1 IFM-trained coaches
 - 1 IFM-trained nutritional therapists

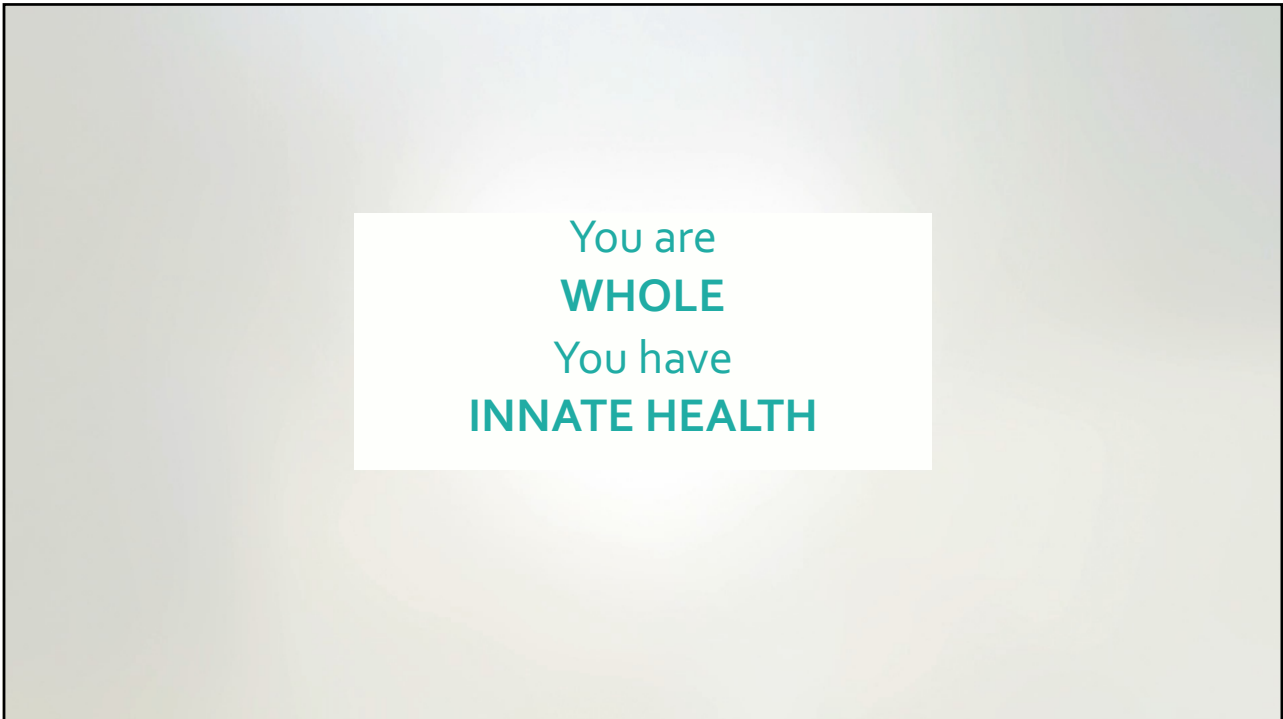


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WHAT IS FUNCTIONAL MEDICINE



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FIVE CORE PRINCIPLES

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- Innate capacity to heal
- We are genetically unique
- Inflammation is the root of chronic disease
- Scientific approach to understanding and balancing the biochemistry
- We want to achieve a state of vitality and not merely an absence of disease

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FIVE KEY ROOT CAUSES OF INFLAMMATION

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- Stress
- Nutritional Deficiencies
- Allergies
- Toxins
- Infections


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How do these relate to the GUT?

INDRA
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Stress

The impact of the Vagus nerve



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How do these relate to the GUT?



Nutritional Imbalances

What are the key nutrients needed for the GUT?



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How do these relate to the GUT?



Allergies

What are the key allergies we are seeing in our clinic?

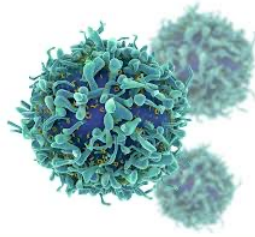


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How do these relate to the GUT?



Infections
SIBO? What is the root cause?



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How do these relate to the GUT?



Toxins
What is the impact of mold on the gut?

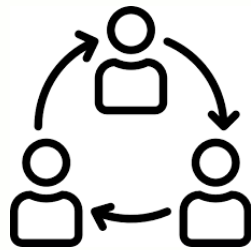


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WHY A COLLABORATIVE APPROACH?



We are not islands and there are so many pieces to the puzzle of healing and each person is unique.



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SO WHAT?



Key information for the patient to take away

1. How do you heal?
2. What is digestion?
3. What is a balanced plate ?

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HEALING



Components for healing

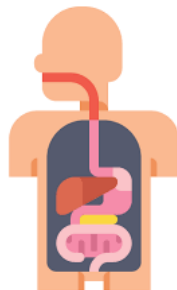


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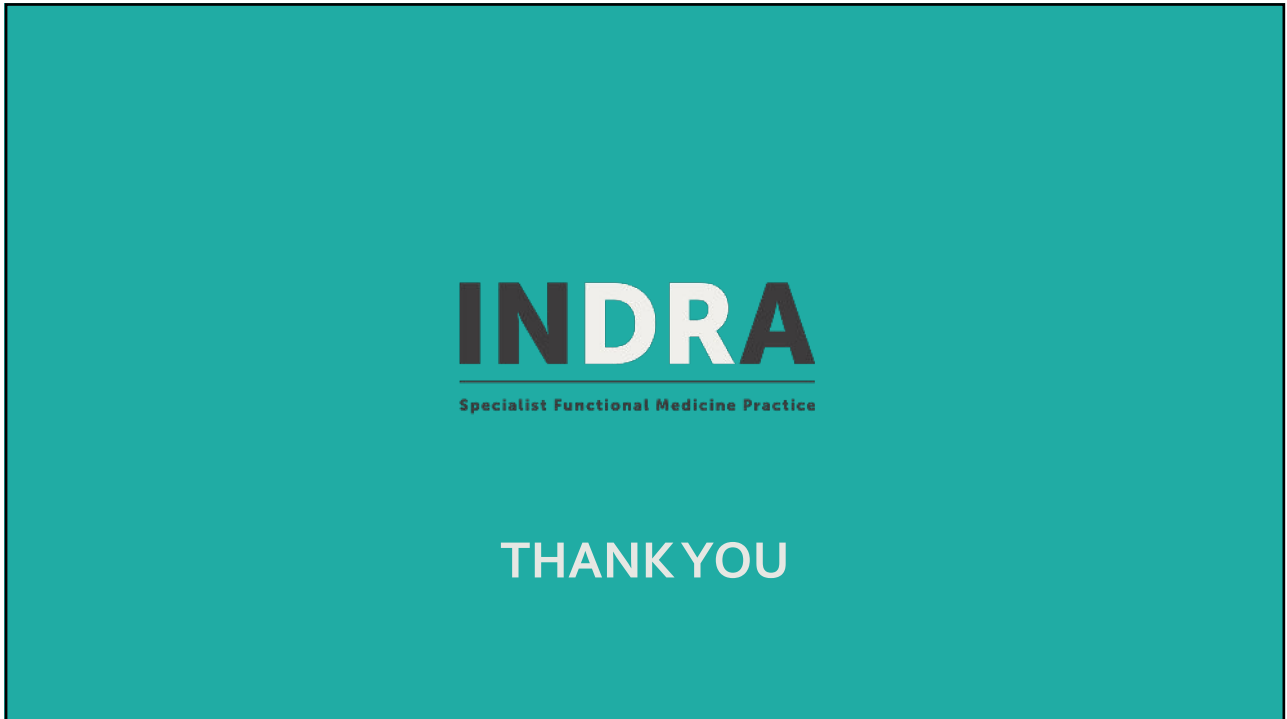
DIGESTION



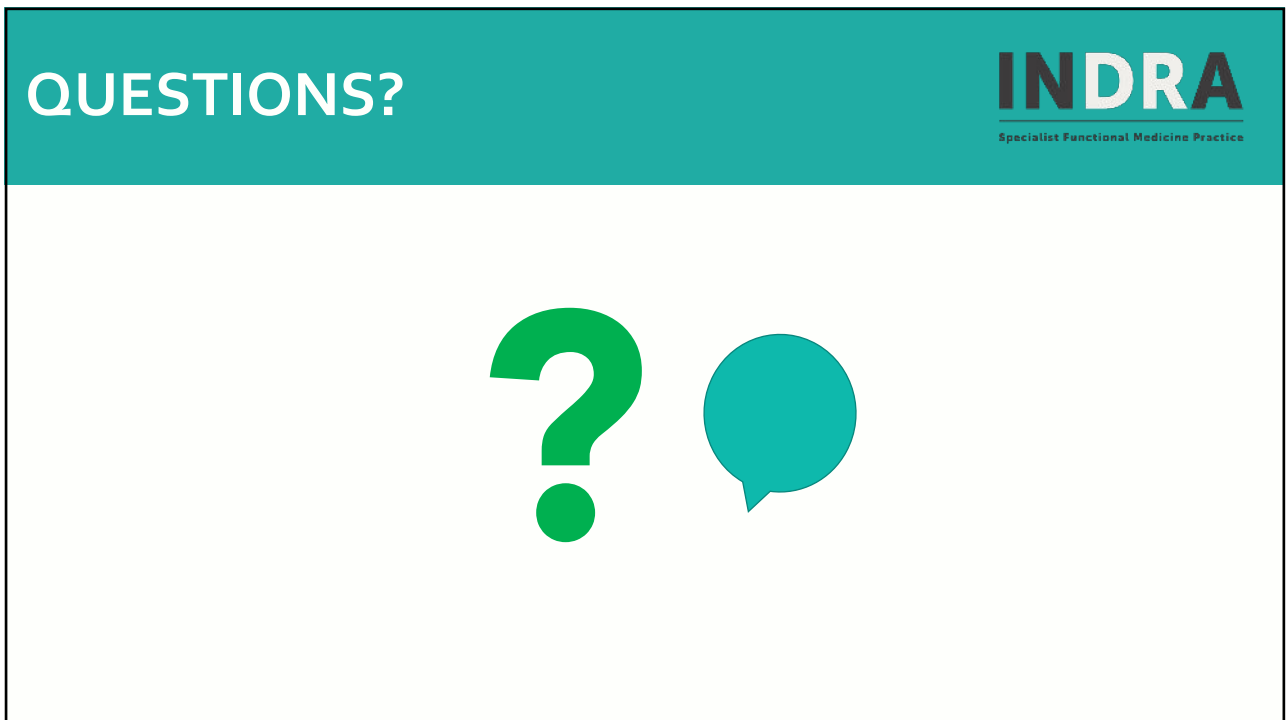
Components for digestion



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New Frontiers in Personalised Nutrition

NMI SUMMIT 2023

Friday 13th October

Featuring Dr. Gerard Mullin, Professor Glenn Gibson, Dr. Amrita Vijay, Justine Bold, Dr. Indra Barathan and Dr. Miguel Toribio-Mateas



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